

E Mon, Mar 18, 2019 Week: 1 Run #1 : Endurance Run Run for 1 min. then walk for 3 min. Repeat 8 times. Time: 32min.	E Wed, Mar 20, 2019 Week: 1 Run #2 : Endurance Run Run for 1 min. then walk for 3 min. Repeat 8 times. Time: 32min.	E Sat, Mar 23, 2019 Week: 1 Run #3 : Endurance Run Run for 1 min. then walk for 3 min. Repeat 8 times. Time: 32min.
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E Mon, Mar 25, 2019 Week: 2 Run #1 : Endurance Run Run for 1 min. then walk for 2 min. Repeat 8 times. Time: 24min.	E Wed, Mar 27, 2019 Week: 2 Run #2 : Endurance Run Run for 1 min. then walk for 2 min. Repeat 8 times. Time: 24min.	E Sat, Mar 30, 2019 Week: 2 Run #3 : Endurance Run Run for 1 min. then walk for 2 min. Repeat 8 times. Time: 24min.
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E Mon, Apr 1, 2019 Week: 3 Run #1 : Endurance Run Run for 1 min. then walk for 1 min. Repeat 12 times. Time: 24min.	E Wed, Apr 3, 2019 Week: 3 Run #2 : Endurance Run Run for 1 min. then walk for 1 min. Repeat 12 times. Time: 24min.	E Sat, Apr 6, 2019 Week: 3 Run #3 : Endurance Run Run for 1 min. then walk for 1 min. Repeat 12 times. Time: 24min.
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E Mon, Apr 8, 2019 Week: 4 Run #1 : Endurance Run Run for 2 min. then walk for 1 min. Repeat 8 times. Time: 32min.	E Wed, Apr 10, 2019 Week: 4 Run #2 : Endurance Run Run for 2 min. then walk for 1 min. Repeat 8 times. Time: 32min.	E Sat, Apr 13, 2019 Week: 4 Run #3 : Endurance Run Run for 2 min. then walk for 1 min. Repeat 8 times. Time: 32min.
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E Mon, Apr 15, 2019 Week: 5 Run #1 : Endurance Run Run for 3 min. then walk for 1 min. Repeat 8 times. Time: 30min.	E Wed, Apr 17, 2019 Week: 5 Run #2 : Endurance Run Run for 3 min. then walk for 1 min. Repeat 8 times. Time: 30min.	E Sat, Apr 20, 2019 Week: 5 Run #3 : Endurance Run Run for 3 min. then walk for 1 min. Repeat 8 times. Time: 30min.
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CREATED BY: Tara Box
ASSIGNED TO: Tara Box

FOR: Week 6

Beginner 5 km Program

E Mon, Apr 22, 2019 Week: 6 Run #1 : Endurance Run Run for 4 min. then walk for 1 min. Repeat 6 times. Time: 36min.	E Wed, Apr 24, 2019 Week: 6 Run #2 : Endurance Run Run for 4 min. then walk for 1 min. Repeat 6 times. Time: 36min.	E Sat, Apr 27, 2019 Week: 6 Run #3 : Endurance Run Run for 4 min. then walk for 1 min. Repeat 6 times. Time: 36min.
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CREATED BY: Tara Box
ASSIGNED TO: Tara Box

FOR: Week 7

Beginner 5 km Program

E Mon, Apr 29, 2019 Week: 7 Run #1 : Endurance Run Run for 6 min. then walk for 1 min. Repeat 5 times. Time: 35min.	E Wed, May 1, 2019 Week: 7 Run #2 : Endurance Run Run for 6 min. then walk for 1 min. Repeat 5 times. Time: 35min.	E Sat, May 4, 2019 Week: 7 Run #3 : Endurance Run Run for 6 min. then walk for 1 min. Repeat 5 times. Time: 35min.
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CREATED BY: Tara Box
ASSIGNED TO: Tara Box

FOR: Week 8

Beginner 5 km Program

E Mon, May 6, 2019 Week: 8 Run #1 : Endurance Run Run for 8 min. then walk for 1 min. Repeat 4 times. Time: 36min.	E Wed, May 8, 2019 Week: 8 Run #2 : Endurance Run Run for 8 min. then walk for 1 min. Repeat 4 times. Time: 36min.	E Sat, May 11, 2019 Week: 8 Run #3 : Endurance Run Run for 8 min. then walk for 1 min. Repeat 4 times. Time: 36min.
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CREATED BY: Tara Box
ASSIGNED TO: Tara Box

FOR: Week 9

Beginner 5 km Program

E Mon, May 13, 2019 Week: 9 Run #1 : Endurance Run Run for 10 min. then walk for 1 min. Repeat 3 times. Time: 33min.	E Wed, May 15, 2019 Week: 9 Run #2 : Endurance Run Run for 10 min. then walk for 1 min. Repeat 3 times. Time: 33min.	E Sat, May 18, 2019 Week: 9 Run #3 : Endurance Run Run for 15 min. then walk for 1 min. Repeat 2 times. If possible try to complete run without walking! Time: 32min.
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